Claims:

I claim:

A wrist-mounted communication device comprising:

a cellular phone mechanism configured to transmit and receive communication signals;

an antenna system attached to said communication device so as to transmit and receive signals, said antenna system further comprising at least one antenna extendable away from the horizontal plane of said communication device.

The device according to claim 1, further comprising a hinge mechanism that hingedly couples one end of said antenna to said communication device.

The device according to claim 1, further comprising a pivot mechanism that pivotally couples one end of said antenna to said communication device.

The device according to claim 1, wherein said communication device further comprises a keypad unit coupled to said phone mechanism.

3. The device according to claim 1, wherein said handset further comprises a

wireless connection to said cellular phone mechanism.

The device according to claim 1, wherein said handset comprises more than one sections so as to be extendable.

The device according to claim 4, wherein said more than one handset sections are extendable by unfolding said handset via a hinge.

The device according to claim 4, wherein said more than one handset sections are configured to extend telescopically, such that said sections are extendable by sliding said sections relative to each other.

The device according to claim 1, wherein said handset further comprises a telescopically extendable antenna.

The device according to claim 1, wherein said wrist communication device further comprises a display unit.

The device according to claim 1, wherein said wrist communication device further comprises a watch unit.

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The device according to claim 1, wherein said keypad is located on said cellular phone mechanism.

The device according to claim 1, wherein said keypad comprises at least one keypad section having buttons.

The device according to claim 11, wherein a first keypad section is attached to said cellular phone mechanism and a second keypad section is pivotably attached to said first section by a hinge.

The device according to claim 12, wherein said second keypad section is pivotably attached to said first keypad section so as to conceal said buttons on each said first and second keypad sections when said second keypad section is pivoted relative to said first keypad section into a closed position.

The device according to claim 12, wherein said second keypad section is pivotably attached to said first keypad section so as to form a flat keypad when said second keypad section is pivoted relative to said first keypad section into an open position.

The device according to claim 13, wherein said first keypad section has a plurality of buttons in at least one region of said first keypad section, and said second keypad

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The device according to claim 15, wherein said at least one region of said first section is non-contiguous with said at least one region of said second section, when said second section is pivoted relative to said first section into a closed position.

The device according to claim 1, wherein said keypad further comprises a first section attached to said device and a second section telescopically attached to said first section.